



SUPER BERRY SMOOTHIE

Prep Time: 50 seconds | Serves: 2

INGREDIENTS

- ½ cup frozen raspberries
- ½ cup frozen blueberries
- ½ cup tart cherry juice (unsweetened)
- ¼ cup water
- ¼ cup coconut milk
- ¼ cup raw almonds
- 1 teaspoon honey (optional)

NUTRITION DATA

245 calories | 13.4g fat
31g carbs | 3.9g protein
5g fiber | 23.3g sugars
15mg sodium

STEPS

01

Combine the berries, cherry juice, and water in a blender and blend until smooth.

02

Add the coconut milk and almonds and blend. If desired, sweeten with the honey.

03

Divide between 2 glasses and serve, or store in the refrigerator for up to 4 days.



DR. GORGE J HOLISTIC HEALTH AND HEALING

drgeorgej.com  dr.georgej  drgeorgej

Source: Outback Vision Protocol